Identify own strengths and areas for growth.

How did I feel while planning my project?

Were there ever feelings of doubt or wanting to procrastinate? If so how did I move through them?

How did I motivate myself?

What did I learn from this activity and how did this learning (ie a change in perception) apply to me as a person?

What did I do well while planning or during the event?

What could I have done differently?

What were some things that I found out about myself that I didn’t know before? Do I like these traits? If so, how will I use them in the future? If not, can I change them?

What might I do in the future? Or what might I do differently next time?

Demonstrate that challenges have been undertaken, developing new skills in the process.

How did I feel before I took on the new challenge?

What were my perceptions going into the task?

Did my perceptions change after completing the task?

What was the activity meaningful to me?

What was the value of the activity?

How do I feel after taking on a new challenge? What are the adjectives I would use to describe myself?

Did I surprise myself, inspire myself, or disappoint myself and how did that feel?

What was the value of the activity for myself, my family, my community and/or my world?

Was I successful at overcoming my challenges? Why or why not? How do I know if I was successful or not?

What skills did I develop over the duration of my project?

How will these skills help me in future projects?

Who helped me develop these skills? How did they help?

How did I feel when I was learning this new skill?

What did I do in order to learn the new skill?

Demonstrate how to initiate and plan a CAS experience.

How did I feel about the planning process? What could I have done differently? What did I do well?

What were my perceptions of planning an activity before I did it? If I am in the planning stages right now, what are my perceptions of the way my activity will go?

What is the purpose of my activity? Why did I choose this activity, this location, the date and time?

Who have I had to work with while planning the activity? How did they impact the activity?

What are the goals of my activity? Did I meet them?

Did I fill out a Risk Management form and if so what were some of the risks that came up?

What was the feedback I received from my activity?

What challenges do I face when working with others? How do I deal with those challenges?

Demonstrate the skills and recognize the benefit of working collaboratively.

How did it feel to work with others?

How did I initiate communication? What methods of communication worked well during my project and what methods didn’t work well? What did I learn from this?

Who did I meet? How were they important to my project?

Who helped me and how?

Who surprised me, inspired me, disappointed me? How?

Who benefited from my activity and how?

Were there people that I thought would be a big help that ended up not being central to the project? How did that make you feel?

After working in the community for a few months who stands out as exemplary? What makes them different? What have you learned from them?

Does your experience make you expect more from people or less?

Show commitment to and perseverance in CAS experiences.

When there were obstacles in my way, how did I overcome them?

How did overcoming those challenges make me feel?

When I choose to procrastinate, how did that make me feel?

Who benefited from my activity and how?

If I felt overwhelmed, what did I do to overcome that feeling?

When I had to do something for the project, how did I feel before I did it and how did I feel after?

Did I ever give up? Why? How did I overcome and move forward?

What were my principle frustrations? Why? How did I move forward from these? Did it change the way that I work or view others?

Did I ever reach out to others for help to keep me

moving forward? If so how did they help?

Demonstrate engagement with issues of global significance.

What connections did I find with areas outside of Guanacaste?

What were the outcomes of the project for me, the team that I was working with, for others? How did that change my perspective of the project?

What were my perceptions of the project when I started?

What was the value of the project? How did it affect others?

How do I make sure that the work that I did endures? Is my project sustainable?

What can I do to continue to bring change to the world in the future?

How can my project be important to the world?

How can my project translate to other regions in the world, such as other cultures?

How can I (or did I) make my project accessible to the global population?

Recognize and consider the ethics of choices and actions.

Did everyone agree with my project? If not, how did I justify my approach?

Did my project provide the greatest balance of good over evil? How?

Did my actions respect the moral rights of everyone? Explain.

Did my project, in any way, show favoritism or discrimination? Did it treat everyone in the same way and if so, how did I make sure that it did?

Did my project promote development of my character within myself or my community?

How might my project stir an ethical debate? What about my project could be ethically debated or questioned?